



**FASHION:**

Men's fashion tips  
from dapper sports  
reporting team **P.2**

**CITY NEWS:**

Parent, school divided  
over casting in student  
production **P.6**

**INVENTORY:**

Teachers share the best  
holiday gifts they've  
received **P.16**

A photograph of Michelle Lavallee, an Aboriginal curator, smiling and standing in front of a large, colorful abstract painting. She is wearing a black top, a patterned scarf, and a chain necklace. Her hands are on her hips.

# BRUSHES WITH GREATNESS

AS AN ABORIGINAL CURATOR,  
MICHELLE LAVALLEE IS AS RARE  
AS THE ARTISTS SHE EXHIBITS **P.9**

**FREE**

# FASHION

Did you buy a new outfit for a holiday party?  
Send a photo to [qp@leaderpost.com](mailto:qp@leaderpost.com)

## #SASKATCHEWAN STYLE

### Global Regina sports team: Trio brings flair on air

By Ashley Martin

If there's one rule Derek Meyers, Kent Morrison and Taylor Shire can agree on it's this: "You can't wear green on TV."

It has nothing to do with the fact just as soon as reporters for Global TV in Regina, it has everything to do with the studio's insane live green screen.

"I've had tons that I key out from a shirt without even a green stripe in it. I struggle with this belt. It reflects because it's silver. It's not the green pants!" says Meyers. "Not everything that looks good in the mirror translates well on air."

And these guys want to look good on air.

Growing up in southern Saskatchewan, they decided long ago to dress well, even if it meant getting back about being a little different with their fashion.

"I think that comes with our personality that we all seemed to be an 'TV' and that fashion sense was part of that mentality," says Shire. "I've done cars what we look like, we want to wear nice things and that helped us to get onto TV."

#### Derek Meyers

**METRO MAN:** "I've had a puns for a year. I don't take a lot of abuse over it. Saskatchewan is very slow at embracing metro."

"It's pretty straight, here with Fashion Week is coming in for a couple of years and it's helping, and then like that, but it's still your dad's suit in this province and it."

**WEARERS:** "I'm a person under wear."

**COAT:** Jack Victor from Colin O'Brien Men's Shoppe

**SHIRT:** "I'm from Colin O'Brien"

**PANTS:** Le Chateau

**BELT:** Gucci

**SHOES:** Used from Colin O'Brien

**SOCKS:** Happy Socks from Nordstrom



#### Kent Morrison

**HOW TO FISH:** He's worn a bow tie to work on Friday since summer. "Don't be afraid to dress up. Lots of people here don't show up if you're going out, but on your No. 1, make a good impression."

**HARD HAT:** Morrison gets his hair cut once a week at Karam's.

**FASHION SCHOOL:** He was voted best dressed his Grade 12 year at Central Collegiate in Moose Jaw.

**SUIT AND SHIRT:** Savana Republic.

**TIE AND POCKET SQUARE:** Tommy Hilfator.

**ROCK:** "I like animals of jewelry. I love a watch that [looks like] it's in the water."

**SHOES:** Pampara from Winicks.

#### Taylor Shire

**STYLE IDOL:** Herbie Lancaster. "He has nice suits."

**SCUPPED UP:** Playing hockey. Shire has had his share of concussions. "It's broken most of my teeth and I've been on (TV) with suits. Last month — four stitches [and] I went on the next day."

**WEARERS:** Shire's shirt and slacks are.

**SUIT:** Geoffrey Beane from Moore's.

**RED KNIT TIE:** Le Chateau.

**WATCH:** Nixon from Specs Parts.

**SOCKS:** JackThreads.com.

**SHOES:** Redwings from Toronto.

#### SPORTS TEAM'S TIPS TO DRESS BY

- Comfort is key
- Try things on to make sure they fit
- Get a tailor if it is a problem
- "Women's suits are better than men's suits"
- Don't leave the house in sweatpants you never know who you'll run into
- Style your hair

Global's Derek Meyers, Kent Morrison and Taylor Shire know how to look good on air. qp photo by ashley martin

# INDEX

## # ON THE COVER P. 9



Michelle LaNelle is the associate curator at the MacKinnon Art Gallery in Regina. *QC PHOTO BY DON HEALY*

## # TABLE OF CONTENTS

### FASHION — 2

How to look deeper on the air and off via Global's sports team

### IN THE CITY — 4

Photographer Michael Bell's best shot of the week

### CITY NEWS — 6

Parents, school divided over casting in student production

### MUSIC — 7

Jeffrey Straker's dishes on his new single and favourite holiday traditions

### COVER — 8

Aboriginal curators like Michelle LaNelle are rare in Canadian art galleries

### PARENT TO PARENT — 18

Parents share their thoughts on seatbelts

### INVENTORY — 19

Wondering what to get your child's teacher? We define the work for you!

### EVENTS — 17

### ON THE SCENE — 18

Picking off the holiday season at dual walkers' Blackberry Mead Release

### READ MY BOOK — 20

Larry Winkowski and Brenda's Amazing Journey

### SHARP EATS — 25

Five reasons to eat Liane's Hummus

### OUTSIDE THE LINES — 32

Artist Stephanie McKay's weekly colouring creation

### CROSSWORD/PUZZLE — 33

### ASK ELLIE — 34

### GARDENING — 25

Chewino and caring for your Christmas tree

### SPACES — 26

New U of S Graduate Residence encourages student life beyond the dorm

### WINE WORLD — 37

Gray Monk is Canada's finest Chardonnay

## # MY FAVOURITE PLACE P. 5



The seven-year-old Roush Farnan at Regina's Jack Stables Arena, where he learned how to skate. *QC PHOTO BY TREV HUBERT*

## QC COVER PHOTO BY DON HEALY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1364 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor-in-chief.

For advertising inquiries contact 381-5223; editorial 1-855-698-6557; home delivery 381-5253.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-698-6557.

# IN THE CITY

# DECEMBER 8, 2013 — 1:45 P.M.

## Tea for three



Cze Wilson (center) takes a drink of tea while her grandmother Valerie Pihlak (right) and mother Barbara Wilson chat at the Prairie Floral Conservatory's annual Christmas Tea. The Prairie Garden Association is hosting the event as guests were treated to tea, coffee, snacks and face entertainment. GC Photo by MICHAEL BUI.

## YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email: [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MY FAVOURITE PLACE

## Broad Street arena a staple in team's life



Thirteen-year-old Noah Flanagan at his favourite place in Regina: the Jack Stables Arena. It's where he learned to skate as a three-year-old. QC PHOTO BY TON RUTICK

By Andrew Matto

Noah Flanagan has a pretty serious affinity for hockey which also serves as a connection to his family and his community. The 13-year-old's favourite place is the Jack Stables Arena at 614 Broad St. W. It might be a non-descript ice surface in a building that's identical to others in Regina, but that's where he learned to skate and where he played his first hockey games. Today the Grade 8 student at Saint Gregory School has aspirations to coach.

**Q: Why is this rink so special to you?**  
**A:** It's where I skated for the first time. I was three years old. My dad and my brother took me.

**Q: How do you remember that day?**  
**A:** Yes. My dad strapped on the skates and put me in a chair to see if I could skate. And after about one hour, I skated for the first time by myself without the chair. My dad's name is Darcy Flanagan.

**Q: You are lucky to have that memory. Why was the Jack Stables Arena the chosen place for you family?**

**A:** When I was younger, the preschool I went to was right beside there. Every time I was done school, I'd go over and watch my brother's practices. My dad was coaching then.

**Q: When you played hockey there a lot over the years?**

**A:** Dad's a team player then. And that's where I also played my first game. I was four years old. We were called the Leafs.

**Q: What other teams have you played for?**

**A:** I played on the Leafs, and then I played on another Leafs team. Then I played on the Rangers. And then I played with the Blackhawks for four years. Then I played on the Senators. Now I am in the first year of business. We're called the Panthers.

**Q: What position do you play and what say do you shoot?**  
**A:** I play defence. I shoot left.

**Q: What is your angle?**

**A:** I'm a righty.

**Q: That's tall. Do you know where you inherited that?**

**A:** My grandfather on my mom's side. He's called the Big Z. He's 6 foot 10. His name is Wayne Zborowsky.

**Q: The arena's design is identical to other city rinks. Is that why you like it?**

**A:** Not really. It gets confusing sometimes. You forget which rink you're at if you don't see the name on the outside.

**Q: What else do you remember from your time at the Stables?**

**A:** I used to go to his power skating lessons there with my brother and

my cousin who is in the CHL now. We did a lot of sprints and shooting. My brother's name is Jonas Flanagan. The Senators were taught by my uncle. Her name is Louise Zborowsky.

**Q: Who is your cousin?**

**A:** He plays on the Kookerz ice in the WHL. His name is Zolt Zborowsky. He was selected as the fastest skater.

**Q: What do you see in your hockey future?**

**A:** I am hoping to be a coach someday. I really like the idea of running practices and drills. I like motivating people and seeing where they go.

## CITY NEWS

# HAIRSPRAY

## High school slammed over production of musical

By Andrew Matteo

A Petros mother is hoping public outrage over a high school's production of *Hairspray* puts a spotlight on the issues of fatness and helps reduce discrimination against overweight people.

The battle involving Tracy Less began when educators at Regina's Campbell Collegiate announced the cast of the student production of *Hairspray*. The lead role of Tracy Turnblad was given to a student who doesn't have the "plus-size" body the script calls for.

Tracy Less was quick to complain, arguing producers misused the point of the message of the widely known script, which examines issues of discrimination based on race and body type. School officials defended their decision. Rules went to students' heads, but the parents, and what to expect, parents create ways of staying true to the story they read.

Terry Lacombe, spokesman for Regina Public Schools, said consideration was given to students for all roles. Including black dancers whose story of racial segregation in the 1960s is central to the script.

"I think they went out of their way to reflect the diversity of cultures that are represented at the school," said Lacombe of *Hairspray*, which makes a four-night run on Dec. 7.

"We are pleased that our students were able to participate in a production that is of interest to the public and take a certain amount of risk in talking about issues of equality and fairness of all people."

But Less argues having a plus-size student as a role model to illustrate the rejection of discrimination against overweight people sends a message of able with the message's theme.

"If you can't respect the message of the play then you should pick a play with a different message," said Less, who sent her complaint to John Waters, who wrote and directed the original 1988 film.

Added Less: "This is a story about how society should be including people of all shapes and sizes. And what has happened with her [the student] has picked the cast. The opposite happened."

Less, who filed discrimination as a plaintiff, was and which has been used about her status on Facebook. She received permission from her daughter, Morgan, who also tried out for the lead role, before going public with her criticism.

"We're hoping that she doesn't suffer any repercussions, but that's prepared for it," says Less.

According to Morgan, 15, the directors missed out on an opportunity to embrace an important message.

"This is a message that chubby girls can actually look up to and see that society doesn't accept them. But in this case, they are seeing the same sort of discrimination that a lot of these girls are seeing."

The lead character's costume had padding added to make her look heavier.

"I could care less that a person was picked for the lead over me. But to put a skinny girl in a fat suit is disgusting," said the Grade 10 Campbell student.

Mary Pethen of the Canadian Obesity Network believes Campbell Collegiate misread the production by introducing the issue of discrimination against the overweight without giving a voice to students with strong views on the subject.

"When we raise these issues and we don't with these issues as adults, we have to think about what impact it is having on these kids," said Pethen, who teaches at the University of Alberta and is a therapist who specializes in obesity issues.

Pethen gives Less credit for going public with the story, saying she has a right because the issue and promote awareness.

The U.S. Council on Weight and Size Discrimination also complained to the school, arguing that casting is important because the Tracy Turnblad character has become an important cultural figure that represents challenges faced by overweight people.

Other parents have gone public with their support.

"I was the girl who was in drama at school who always sat out to the skinnier girls. But *Hairspray* is supposed to be the one musical where, if really the chubby girl gets the part," said Melinda Cantor, a mother of two daughters and a friend of Less's. "The directors don't get it."

This isn't the first time a *Hairspray* production has raised eyebrows for casting decisions different from the 1988 film, which was used as the basis for a Broadway musical in 2002 and a 2007 Hollywood movie remake.

Actresses of varying sizes have starred in the lead roles in productions by high schools and non-theatrical theaters. *Hairspray* directors around the world have been criticized for being oblivious to the message, casting skinny actresses in the lead role, and, in some cases, using makeup for Caucasian actors cast in the roles of the black dancers.



Tracy Less, with her daughter Morgan, has criticized Campbell Collegiate's casting decision in the musical *Hairspray*. (Photo by MICHAEL BELL)

# MUSIC

WE'RE ON FACEBOOK: Visit us at  
Facebook.com/QCRegina

# COMIN' HOME FOR CHRISTMAS

## Season's greetings from Jeffery Straker

By Ashley Martin

It was hot and sunny in July and Christmas was on Jeffery Straker's mind.

"You have to plan ahead if you're going to release a holiday single."

"It's July and it's plus 30, the last thing you want to do is think about snow, flakes and winter, but we did it," says Straker.

He wrote and recorded "Comin' Home for Christmas," an upbeat song in his signature piano-pop style, over two weeks in July. Recording in a basement helped — he could imagine it was cold outside.

Straker's 2013 record *Vagabond* had a theme of travel and discovery. He followed the same theme when writing this Christmas song.

"It wasn't by choice, but I think *vagabond* only — it brought it all back full circle."

There's a contest tied to the single's release to win an Air Canada voucher, a "trip home for Christmas." It closes Dec. 31 and you can enter on his Facebook page.

Straker leaves just how expensive flights can be around Christmas time. He splits his life between Toronto and Regina or his trans-Canada last year, because he couldn't afford a flight home. Dec. 28 was a little uncomfortable.

"Last Christmas was spent with Jewish friends in Toronto going to movies and eating Chinese food in Chinatown — but this year I'm finally coming home."

### FAVE MOVIE:

Straker's favourite holiday movies are *A Christmas Story* — "I've watched it so much I can probably (recite) along with it out loud" — and *The Sound of Music*, though "I can't figure out why it's a Christmas movie ... because there's nothing really Christmas-y in it."

### FAVE SONGS:

Straker prefers classic Christmas songs. His top two are *White Christmas* and *O Holy Night*. For newer songs, Mariah Carey's *All I Want For Christmas Is You* stands out.

"It's kitschy but for all the right reasons. It's Christmas, after all, and people are hanging shiny balls off their trees. It should be kitschy. It's good." But the key to all of it is moderation. Straker is prone to binging on music.

"Whenever I get a new album ... I'm famous for listening to it like 40 times and being like 'I hate this record.' I don't want to do that with Christmas music because you want it to last the season."

### FAMILY TRADITION:

Growing up on his parents' farm near Punnichy, Boney M, Kenny Rogers and Dolly Parton's Christmas albums were on "heavy rotation." His mom is a pianist and the house was always filled with music. His sister Jill sang too, and Straker played piano.

"We would sit down and flip through the *Reader's Digest* Christmas songbook, 180 Christmas songs or whatever it was, and start at one and then go for a whole afternoon or evening. They're in my fingers somewhere, all those tunes."



Jeffery Straker is second single, *Comin' Home for Christmas*, rings out in the Regina, Aug. 1 left. JACQUELINNE HORTON

# WORSHIP SERVICES

## THE UNITED CHURCH OF CANADA

### THE ANGLICAN CHURCH OF CANADA



#### St. Paul's Cathedral

1234 Avenue A  
Kelowna Street (Central)  
522-4439

website: [www.stpaulsbc.ca](http://www.stpaulsbc.ca)

#### Fixed Leaders in Admitt

December 15<sup>th</sup> -

9:00 a.m. & 10:30 a.m. Worship

December 15<sup>th</sup> -

6:30 p.m. - Service of Light with  
the choir of All Saints Anglican Church  
under the direction of  
Melissa Miller

Presider - Daniel McIntyre

Fixed Leaders in Admitt

December 22<sup>nd</sup> -

9:00 a.m. & 10:30 a.m. Worship

Christmas Eve - Tuesday, December 24<sup>th</sup>

9:00 p.m. - Proclamation to the Crib  
in the Cathedral

9:00 p.m. - Carols of Christmas &  
Choral Evensong

Presider: The Very Reverend Michael  
Hewson

Christmas Day - Wednesday,

December 25<sup>th</sup>

10:00 a.m. - Choral Evensong

Worship - The Great

NO Sunday 8:30 on December 29<sup>th</sup>

Sunday, December 29<sup>th</sup>

9:00 a.m. - Evensong

10:30 a.m. - Choral Evensong

Presider - The Great

NO Sunday 8:30 on December 29<sup>th</sup>

Sunday, December 29<sup>th</sup>

9:00 a.m. - Evensong

10:30 a.m. - Choral Evensong

Presider - The Great

### Knox-McIntosh 24th - Church

2340 Victoria Avenue at Lepp Street

"Gleanings On Earth"

Wednesday December 11<sup>th</sup> -

10:00 a.m. - 10:30 a.m.

Sunday December 15<sup>th</sup> -

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

10:00 a.m. - 10:30 a.m.

### Zion United Church

120 Broad Street

Sunday Worship 10:30am

Christmas Eve

Dec 24

7:00 pm Family Service

11:00pm Christmas Eve

Communion

A warm welcome to all

### Broadway United Church



105 Broadway Avenue

Regina, Sask.

306-363-1026

[www.broadwayuc.ca](http://www.broadwayuc.ca)

Worship 10:30

Wednesday

December 18, 2013

8:00 pm, Blue Christmas Service

Thursday

December 24, 2013

8:00 pm, Christmas Eve Service

8:00 pm

### LAKEVIEW UNITED CHURCH

3290 McCallum Ave

[www.lakeviewchurch.ca](http://www.lakeviewchurch.ca)

Advent Service and Youth Church

Sundays 10:30-11:30

Dec. 15 - 7:00 pm Blue Christmas

(a time of peace for the lonely

grieving and being blue)

Dec. 24 - Christmas Eve Family

Service 7:00 pm

Candle Service 11:00 PM

Gifts Church - Every Wednesday

5:00-7:00 pm (read, make

and paper)

For more info visit our website

### BAPTIST CHURCHES



Faith Baptist Church  
417 Broadway Avenue Unit, Regina, SK  
(306) 366-3444  
[www.fbcrgina.ca](http://www.fbcrgina.ca)

Sunday, December 15<sup>th</sup>

10:00 a.m.

Children's Christmas Concert

A Church-wide Christmas

9:00 p.m.

Choir Concert "Down From Heav'n"

Sunday, December 22<sup>nd</sup> at 10:00 a.m.

Children's Christmas Concert

9:00 p.m.

Choir Concert "Down From Heav'n"

Sunday, December 29<sup>th</sup> at 10:00 a.m.

Children's Christmas Concert

9:00 p.m.

Choir Concert "Down From Heav'n"

Sunday, December 29<sup>th</sup> at 10:00 a.m.

Children's Christmas Concert

9:00 p.m.

Choir Concert "Down From Heav'n"



# ON THE COVER

**I was very angry with my education, especially as I started learning about these really amazing artists. — Michelle LaVallee**

#MICHELLE LАVALLÉE

## Curator is making aboriginal art history

By Ashley Martin

Six years ago, Michelle LaVallee completed her first installation art project.

A wooden crate with a green Canada Dry logo supports a Hall of Wey winged peat. Next to it, three 1980s Canadian textbooks are laid out open, and a topographic map is spread out.

Though they represent our country's history, the books make little mention of the First Nations whose lives were forever changed when settlers arrived. LaVallee pulled examples of anti-Indigenous history from the archives she inserted them into the textbooks, which is part of the reason they don't lay closed.

"I was annoyed that this history was missing or neglected and it wasn't because it didn't exist," she says.

"It's a very delicate piece" that synthesizes LaVallee's own education and upbringing.

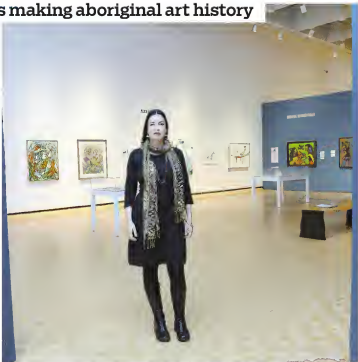
Growing up in Toronto, she knew little about her Ojibwa roots. She says her first art and education degree at York University. Like those 1980s history books, neglected to mention Indigenous artists.

The installation became a course. It debuted in Ottawa in 2007 — she thanks it as a New York scene where right now. But her first installation was her last art project. As a curator, it's to enlighten the public about Indigenous history so does she in her new career.

LaVallee became a curator in 2008, one of only a handful of aboriginal curators at Canadian cultural institutions. In that role, she has endeavored to represent Indigenous artists who have historically been ignored.

She achieves that in her latest exhibit at the MacKenzie Art Gallery, where she has worked as a curator since September 2003.

Continued on Page 10



Michelle LaVallee, associate curator at Regina's MacKenzie Art Gallery, strives to represent the work of aboriginal artists. CG PHOTO BY DON HEALY

## ■■■■ Trinos Menswear

If you enjoy a diverse selection of fashion forward men's wear you will enjoy your shopping experience at Trinos Menswear.



Trinos is a fun, friendly high service atmosphere carrying unique gift ideas this holiday season such as casual denims, cozy sweaters, fitted sport shirts, dress shirts, ties, cufflinks, suits, sport jackets and don't forget to fill his stocking with our fashion socks, and our far from boring underwear.

Not only will you find the perfect gift idea, you can also make us your one stop shop when it comes time

to stock up on your fall wardrobe or find that perfect formal outfit for your staff Christmas party this year.

We offer many services such as fashion advice and complimentary tailoring. We also keep client cards, with all the details of your sizing in various brands so that when you send people in shopping for the perfect gift, you get the right fit the first time.

"Check out our website [www.trinosmenswear.com](http://www.trinosmenswear.com) to find out more about why you should stop in and see us today." 2445 Quance St. Regina



**Au Noir**  
www.aunoir.com

**TRINOS**  
MENSWEAR

2445 Quance St. | Regina, Sk  
(306) 522-4667

There's still a lot of ignorance and misconceptions and expectations placed on indigenous people and of course that carries over to the artists. — LaVallee



Michelle LaVallee with her baby girl Zachee in their home in Regina. (COURTESY OF MICHELLE LAVALLEE)

"Professional Native Indian Artists like the term from the 'Indian Group of Seven,' the first incorporated First Nations artist organizations in the country. Those artists met in the 1970s and demanded to be recognized as professional contemporary artists in Canada. Up to that point, their works were treated as handicrafts including them from mainstream galleries."

LaVallee has worked toward this exhibition for six years. It's not an original idea, she says. Other colleagues have wanted to honour these seven artists, but create a secure funding for a show.

"I'm pretty persistent," she says, laughing. "And I have a lot of support, and things have been changing slowly since their artists started breaking down those doors early on."

LaVallee speaks softly, but her passion for her work is loud and clear. As an associate curator, her artistic and teaching background has fueled her focus, made it challenging, even because their stories have largely yet to be told. And, as a First Nations woman, their fight is her fight.

"I truly believe I would not be in this position I am today if they didn't do everything that they did," she says.

It's really only been a handful of people who've been able to break into these institutions and it's literally been a fight since the '70s for these positions. — LaVallee



Michelle LaVallee is one of a handful of aboriginal people working in full-time curatorial positions in Canada. Several aboriginal curators have preceded her at the MacKenzie. **OC PHOTOGRAPH BY DON HEAL**

"It's really only been a handful of people who've been able to break into these institutions and it's literally been a fight since the '70s for these positions. It's a kind of odd when I think of it — that there's still only a few of us in full-time curatorial positions across the country and that I'm one of them because I am just me."

The MacKenzie has a long history of employing curators of aboriginal ancestry — Rob Rogers, Leo-Anne Skar-

ten and Patricia Deschamps preceded LaVallee.

"It's such a personal commitment that she brings to her projects," says Timothy Long, MacKenzie Art Gallery's head curator. "She cares so deeply about the artwork not about the artists and about the stories one needed to tell their work."

"(I know) how important it was for her to work on this project, to tell the story of these incredible artists

who had cleared the path, made it possible for artists and curators like herself to do the work they're doing now. For her to tell that story had a lot of personal meaning. The man who has that kind of passion is inspiring."

♦ ♦ ♦ ♦

LaVallee became a curator somewhat by accident. After finishing at

York in 2005, she dabbled in painting while working as a bartender in a few different Toronto clubs.

The Association for Native Development (ANDPWA) changed her course. They'd listed an entry-level curatorial "mentee" position, for which she applied on a lark. Before that, she didn't know what a curator was — another thing she says her fine arts degree neglected to teach her.

The job meant a steep learning curve, as there was no mentor — only one of ANDPWA's two grants came through. But at ANDPWA, and at her next job as curator of a Quebec gallery she finally learned what's who in Canadian aboriginal art. She was almost 30.

Growing up, LaVallee knew she was Ojibwe, but she didn't know what it meant.

*Continued on page 12*

For her to tell that story had a lot of personal meaning. The curator who has that kind of passion is inspiring  
— Timothy Long

LaValle's grandmother moved her family to Toronto from their southern Ontario hometown, Opea Creek, now known as Chippewas of Mnjoomi. She didn't want her children to experience racism, says LaValle, and she didn't teach them about their ancestry.

"Part of the colonialist school legacy is people were torn from their culture and their language and their traditions and disowned from even identifying as indigenous people," says LaValle, whose own father Michael was taught to reject his heritage. "It would have been better to say he was of another culture like Italian or Portuguese or just something else. He obviously wasn't white, but it was better to say you were something else other than an Indian."

As a child, LaValle didn't visit the reserve. The family didn't attend cultural ceremonies. Her limited exposure to her ancestry came from her step grandfather, who was an older

"He would teach me some words in Ojibway and my grandmother would always discourage him from doing that because she didn't see the point, because they were taught not to speak their language."

She learned Ojibwa in elementary school she knew weren't right — negative references to "Indians" in high school. First Nations history was still absent. Laughing, she points, "Maybe I just wasn't signing up for the right courses or something, or maybe I just had the unfortunate luck of getting all the bad teachers."



Michelle LaValle is surrounded by art in her home in Regina. GOC PHOTO BY MICHELLE LAVALLE

## Dr. Daniel Rutledge

Previously of Crossroads Chiropractic, Regina Rehab, and Downtown Chiropractic is pleased to announce that he has recently purchased  
**Northgate Chiropractic** from Dr. Daigle Nelson.

Dr. Rutledge welcomes both his patients, and Dr. Nelson's former patients, to schedule an appointment with him at his new location:

143 Albert Street N  
(306) 757-3500  
www.northgatechiro.ca



## MUTCHMOR LODGE

**Seniors Live for Less**  
A safe comfortable environment including:

- Suites and individual rooms
- 3 Nutritious meals and snacks served daily
- Assigned dining room seating
- Light housekeeping daily
- Weekly bed linen changes
- Staff on site 24 hours a day
- Planned daily recreation
- Power, heat, water included
- Wheelchair accessible

Visit us at  
**328 Century Crescent**

Regina SK S4S 0A8  
Phone 306-262-0094 Fax 306-622-7110  
Email: mutchmor@mutchmor.net www.mutchmorlodge.com



Units available  
now as low as  
**\$1,262.00**  
per month

## CARPET CLEANING

- Bedrooms \$20
- Deep Cleaning
- 3 Truck Mounted Units

**\$80.00**  
Living Room & Hall

**SPECIAL**

Expires December 25th  
Min. charge \$80.00



Gift Certificates Available

**543-5913**

## MERIT CARPET CLEANING

## PHILLIPS BLINDS &

## HOME DECOR

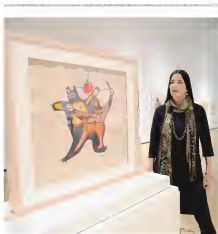
1820 9<sup>TH</sup> AVE. NORTH.  
TUESDAY – FRIDAY 10:00 – 5:00  
SATURDAY 11:00 – 5:00

*We have the perfect  
gift for everyone on  
your list*

www.phillipsblindsanddecor.com



It's the voice of the land, people from the land that have spoken, people that have been disregarded...  
This (art) is what Canada's about — Alex Janvier



Merrilee LaVallee spent six years thinking about 7 at the MacDonald, go photo by Deborah L...

University was no better. She says Indigenous history was not offered in her degree programs at York University.

"I was very angry with my education, especially as I started learning about these really amazing artists," says LaVallee.

One was Norval Morrisseau, a member of the Indian Group of Seven. She met him in October 2009 on a brief trip back to Toronto and A Square. Her friend stopped by the gallery with Morrisseau in tow.

"You want to meet Norval?" I thought he was kidding. "Oh, sure, let's go out for some fresh air," LaVallee recalls. When she saw Morrisseau in the van, she burst into tears.

October 2007 was an important month for LaVallee. She also met Alex Janvier, Daphne Odjig and Joseph Sanchez, other Group of Seven members. Meeting them affirmed an idea she'd already had: to do the Professional Native Artists Art Show.

■ ■ ■

Climb the stairs at the MacDonald, turn left.

into the Renaissance room. Seven distinct different glass great yams. Abstract shapes and lines, brightly coloured. These reminiscent of cubism. These black birds popping against bold fiery lines and a white backdrop. Beneath each work — all are going into store for Sanchez's coloured pencil and ink — is a quote by the corresponding artist.

That theme follows through the exhibit divided by artist and by outrageous digitality and ceremony, dignity and conflict, and story telling across them. Powerful quotes enhance the case more powerful words on the walls. These art is a rebellion against a Canada that wanted to define them.

Sanchez: "Our cause was simple. To be able to exhibit and receive acceptance as artists."

Odjig: "We had no one to show our work so we had to do it ourselves. We acknowledged and supported each other as artists when the world of the art refused us entry. Together we broke down barriers that would have been so much more difficult to deal alone."

Continued on Page 16



"Our fight is a silent one, our plight a voiceless one."

Accomplices above photo and  
Leader Post Christmas Cheer  
Fund recipient

## GIVE THE GIFT OF HEALING THIS CHRISTMAS.

Your donation to the *Leader Post Christmas Cheer Fund* will help four organizations shelter families from physical, sexual and emotional abuse. 100% of your donations will be shared equally by *SOFAA House*, *Angela Trautman House*, *Jacobi Johnson Shelter* and *WISH Safe House*. Help those in need. Give the gift of healing this Christmas.

### PLEASE DONATE NOW

- 1 Online at [www.leaderpost.com/christmasfund](http://www.leaderpost.com/christmasfund)
- 2 Phone at (386) 761-5311. Monday to Friday from 9:30 am to 4:30 pm
- 3 25 Please send only cheques, money orders or credit card donations by mail
- 4 Cash donations can be made in person at the Leader Post  
1584 Park Street, Regina S4

LEADER POST



Name		Don't Don't Please!	
Home email: When you email us, we will use your email to contact you.		C: Macdonald C: Oakes C: Oakes	
Address		Don't	
City		Don't	
State		Don't	
Post Code		Don't	
Phone 1		Phone 2	
Phone 3		Phone 4	
Phone 5		Phone 6	
Phone 7		Phone 8	
Phone 9		Phone 10	
Phone 11		Phone 12	
Phone 13		Phone 14	
Phone 15		Phone 16	
Phone 17		Phone 18	
Phone 19		Phone 20	
Phone 21		Phone 22	
Phone 23		Phone 24	
Phone 25		Phone 26	
Phone 27		Phone 28	
Phone 29		Phone 30	
Phone 31		Phone 32	
Phone 33		Phone 34	
Phone 35		Phone 36	
Phone 37		Phone 38	
Phone 39		Phone 40	
Phone 41		Phone 42	
Phone 43		Phone 44	
Phone 45		Phone 46	
Phone 47		Phone 48	
Phone 49		Phone 50	
Phone 51		Phone 52	
Phone 53		Phone 54	
Phone 55		Phone 56	
Phone 57		Phone 58	
Phone 59		Phone 60	
Phone 61		Phone 62	
Phone 63		Phone 64	
Phone 65		Phone 66	
Phone 67		Phone 68	
Phone 69		Phone 70	
Phone 71		Phone 72	
Phone 73		Phone 74	
Phone 75		Phone 76	
Phone 77		Phone 78	
Phone 79		Phone 80	
Phone 81		Phone 82	
Phone 83		Phone 84	
Phone 85		Phone 86	
Phone 87		Phone 88	
Phone 89		Phone 90	
Phone 91		Phone 92	
Phone 93		Phone 94	
Phone 95		Phone 96	
Phone 97		Phone 98	
Phone 99		Phone 100	

LEADER-POST

1001, 1002, 1003, 1004, 1005, 1006, 1007, 1008, 1009, 1010, 1011, 1012, 1013, 1014, 1015, 1016, 1017, 1018, 1019, 1020, 1021, 1022, 1023, 1024, 1025, 1026, 1027, 1028, 1029, 1030, 1031, 1032, 1033, 1034, 1035, 1036, 1037, 1038, 1039, 1040, 1041, 1042, 1043, 1044, 1045, 1046, 1047, 1048, 1049, 1050, 1051, 1052, 1053, 1054, 1055, 1056, 1057, 1058, 1059, 1060, 1061, 1062, 1063, 1064, 1065, 1066, 1067, 1068, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1076, 1077, 1078, 1079, 1080, 1081, 1082, 1083, 1084, 1085, 1086, 1087, 1088, 1089, 1090, 1091, 1092, 1093, 1094, 1095, 1096, 1097, 1098, 1099, 1100, 1101, 1102, 1103, 1104, 1105, 1106, 1107, 1108, 1109, 1110, 1111, 1112, 1113, 1114, 1115, 1116, 1117, 1118, 1119, 1120, 1121, 1122, 1123, 1124, 1125, 1126, 1127, 1128, 1129, 1130, 1131, 1132, 1133, 1134, 1135, 1136, 1137, 1138, 1139, 1140, 1141, 1142, 1143, 1144, 1145, 1146, 1147, 1148, 1149, 1150, 1151, 1152, 1153, 1154, 1155, 1156, 1157, 1158, 1159, 1160, 1161, 1162, 1163, 1164, 1165, 1166, 1167, 1168, 1169, 1170, 1171, 1172, 1173, 1174, 1175, 1176, 1177, 1178, 1179, 1180, 1181, 1182, 1183, 1184, 1185, 1186, 1187, 1188, 1189, 1190, 1191, 1192, 1193, 1194, 1195, 1196, 1197, 1198, 1199, 1200, 1201, 1202, 1203, 1204, 1205, 1206, 1207, 1208, 1209, 1210, 1211, 1212, 1213, 1214, 1215, 1216, 1217, 1218, 1219, 1220, 1221, 1222, 1223, 1224, 1225, 1226, 1227, 1228, 1229, 1230, 1231, 1232, 1233, 1234, 1235, 1236, 1237, 1238, 1239, 1240, 1241, 1242, 1243, 1244, 1245, 1246, 1247, 1248, 1249, 1250, 1251, 1252, 1253, 1254, 1255, 1256, 1257, 1258, 1259, 1260, 1261, 1262, 1263, 1264, 1265, 1266, 1267, 1268, 1269, 1270, 1271, 1272, 1273, 1274, 1275, 1276, 1277, 1278, 1279, 1280, 1281, 1282, 1283, 1284, 1285, 1286, 1287, 1288, 1289, 1290, 1291, 1292, 1293, 1294, 1295, 1296, 1297, 1298, 1299, 1300, 1301, 1302, 1303, 1304, 1305, 1306, 1307, 1308, 1309, 1310, 1311, 1312, 1313, 1314, 1315, 1316, 1317, 1318, 1319, 1320, 1321, 1322, 1323, 1324, 1325, 1326, 1327, 1328, 1329, 1330, 1331, 1332, 1333, 1334, 1335, 1336, 1337, 1338, 1339, 1340, 1341, 1342, 1343, 1344, 1345, 1346, 1347, 1348, 1349, 1350, 1351, 1352, 1353, 1354, 1355, 1356, 1357, 1358, 1359, 1360, 1361, 1362, 1363, 1364, 1365, 1366, 1367, 1368, 1369, 1370, 1371, 1372, 1373, 1374, 1375, 1376, 1377, 1378, 1379, 1380, 1381, 1382, 1383, 1384, 1385, 1386, 1387, 1388, 1389, 1390, 1391, 1392, 1393, 1394, 1395, 1396, 1397, 1398, 1399, 1400, 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409, 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418, 1419, 1420, 1421, 1422, 1423, 1424, 1425, 1426, 1427, 1428, 1429, 1430, 1431, 1432, 1433, 1434, 1435, 1436, 1437, 1438, 1439, 1440, 1441, 1442, 1443, 1444, 1445, 1446, 1447, 1448, 1449, 1450, 1451, 1452, 1453, 1454, 1455, 1456, 1457, 1458, 1459, 1460, 1461, 1462, 1463, 1464, 1465, 1466, 1467, 1468, 1469, 1470, 1471, 1472, 1473, 1474, 1475, 1476, 1477, 1478, 1479, 1480, 1481, 1482, 1483, 1484, 1485, 1486, 1487, 1488, 1489, 1490, 1491, 1492, 1493, 1494, 1495, 1496, 1497, 1498, 1499, 1500, 1501, 1502, 1503, 1504, 1505, 1506, 1507, 1508, 1509, 1510, 1511, 1512, 1513, 1514, 1515, 1516, 1517, 1518, 1519, 1520, 1521, 1522, 1523, 1524, 1525, 1526, 1527, 1528, 1529, 1530, 1531, 1532, 1533, 1534, 1535, 1536, 1537, 1538, 1539, 1540, 1541, 1542, 1543, 1544, 1545, 1546, 1547, 1548, 1549, 1550, 1551, 1552, 1553, 1554, 1555, 1556, 1557, 1558, 1559, 1560, 1561, 1562, 1563, 1564, 1565, 1566, 1567, 1568, 1569, 1570, 1571, 1572, 1573, 1574, 1575, 1576, 1577, 1578, 1579, 1580, 1581, 1582, 1583, 1584, 1585, 1586, 1587, 1588, 1589, 1590, 1591, 1592, 1593, 1594, 1595, 1596, 1597, 1598, 1599, 1600, 1601, 1602, 1603, 1604, 1605, 1606, 1607, 1608, 1609, 1610, 1611, 1612, 1613, 1614, 1615, 1616, 1617, 1618, 1619, 1620, 1621, 1622, 1623, 1624, 1625, 1626, 1627, 1628, 1629, 1630, 1631, 1632, 1633, 1634, 1635, 1636, 1637, 1638, 1639, 1640, 1641, 1642, 1643, 1644, 1645, 1646, 1647, 1648, 1649, 1650, 1651, 1652, 1653, 1654, 1655, 1656, 1657, 1658, 1659, 1660, 1661, 1662, 1663, 1664, 1665, 1666, 1667, 1668, 1669, 1670, 1671, 1672, 1673, 1674, 1675, 1676, 1677, 1678, 1679, 1680, 1681, 1682, 1683, 1684, 1685, 1686, 1687, 1688, 1689, 1690, 1691, 1692, 1693, 1694, 1695, 1696, 1697, 1698, 1699, 1700, 1701, 1702, 1703, 1704, 1705, 1706, 1707, 1708, 1709, 1710, 1711, 1712, 1713, 1714, 1715, 1716, 1717, 1718, 1719, 1720, 1721, 1722, 1723, 1724, 1725, 1726, 1727, 1728, 1729, 1730, 1731, 1732, 1733, 1734, 1735, 1736, 1737, 1738, 1739, 1740, 1741, 1742, 1743, 1744, 1745, 1746, 1747, 1748, 1749, 1750, 1751, 1752, 1753, 1754, 1755, 1756, 1757, 1758, 1759, 1760, 1761, 1762, 1763, 1764, 1765, 1766, 1767, 1768, 1769, 1770, 1771, 1772, 1773, 1774, 1775, 1776, 1777, 1778, 1779, 1780, 1781, 1782, 1783, 1784, 1785, 1786, 1787, 1788, 1789, 1790, 1791, 1792, 1793, 1794, 1795, 1796, 1797, 1798, 1799, 1800, 1801, 1802, 1803, 1804, 1805, 1806, 1807, 1808, 1809, 1810, 1811, 1812, 1813, 1814, 1815, 1816, 1817, 1818, 1819, 1820, 1821, 1822, 1823, 1824, 1825, 1826, 1827, 1828, 1829, 1830, 1831, 1832, 1833, 1834, 1835, 1836, 1837, 1838, 1839, 1840, 1841, 1842, 1843, 1844, 1845, 1846, 1847, 1848, 1849, 1850, 1851, 1852, 1853, 1854, 1855, 1856, 1857, 1858, 1859, 1860, 1861, 1862, 1863, 1864, 1865, 1866, 1867, 1868, 1869, 1870, 1871, 1872, 1873, 1874, 1875, 1876, 1877, 1878, 1879, 1880, 1881, 1882, 1883, 1884, 1885, 1886, 1887, 1888, 1889, 1890, 1891, 1892, 1893, 1894, 1895, 1896, 1897, 1898, 1899, 1900, 1901, 1902, 1903, 1904, 1905, 1906, 1907, 1908, 1909, 1910, 1911, 1912, 1913, 1914, 1915, 1916, 1917, 1918, 1919, 1920, 1921, 1922, 1923, 1924, 1925, 1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934, 1935, 1936, 1937, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1945, 1946, 1947, 1948, 1949, 1950, 1951, 1952, 1953, 1954, 1955, 1956, 1957, 1958, 1959, 1960, 1961, 1962, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 243

Some people may feel 'we've heard this before' or they might be tired of hearing it, but there's a reason we're still saying it. — LaVallee

At 188 pieces — on everything from linen to heavier felt — “It’s a big show,” says LaVallee. “That’s always what I envisioned. Had I had access to entire gallery spaces I would have made it even bigger. That is what I felt needed to be done and it’s well deserved. They are wonders and this is what they were fighting for.”

She could have done it years ago at a Space or another smaller gallery, but she wanted to go big or go home.

7, on display until Jan. 13 at the MacKinnon, commemorates an important era in Canadian art. These seven artists (Lakeland Beauty Kelly Calhoun and Civil War round of the group) had a hard fight to be recognized in the mainstream Canadian art scene.

“I often heard from dealers that her artwork wasn’t native enough. She was couldn’t really get an Ontario due to restrictions on physical movement of First Nations people — he was limited to university in Calgary because it was closest to his reserve.”

Being indigenous is political — breaking down barriers and fighting racism,” says LaVallee. “There’s still a lot of ignorance and misconceptions and expectations placed on indigenous people and of course that racism to the artists.”

LaVallee says 7 is more than an art exhibit.

“It’s the voice of the land, people from the land that have spoken, people that have been damaged by other powerful groups like churches and so on... This land is the land of the First Nations,” she says in a photo credit view from Gold Lake, Alta., where he lives and still paints every day.

The exhibit is “very thoughtfully thought out,” she adds. “I’d like to see it again before it comes down. Without the media, without people, I want to see that show on a slow crawl by me.”

In her own experience living in Regina, LaVallee has experienced racism much more so than in Ontario.

“I’d been told when I first moved here because I never really had to deal with that growing up or in Toronto,” she says. “That was a shock to me and it’s pretty recent here.”



Michelle LaVallee (left) with her husband Ramona Calhoun and their daughter Kodylene, who was born in June. go north for news 10/10/23

“I think one of the first jobs I had, the cab driver was telling me about the Indians. You got to watch out for them.” He pulled me up to the gallery and was driving me to the airport, so there was a time can notice that I was a First Nations person.

“There’s definite misconceptions about what we do, who we are, how we contribute or don’t contribute.”

Changing her phone system, the person on the line from a national communications company “wound her to be careful.” “The farther west you go the more Indians there are,” LaVallee recalls.

These experiences led to *Kochi*, the work she’s doing.

“Some people may feel ‘we’ve heard this before’ or they might be tired of hearing it but there’s a reason we’re still saying it.”

Some things that these seven artists and other artists at the time were fighting for, I’m still arguing.”

\*\*\*\*\*

The past few months have been at once joyful and difficult — as June LaVallee gave birth to Kodylene, her daughter with husband Ramona Calhoun, she was caring for her

“other woman project” while getting ready for 7, which opened Sept. 11.

“Literally it is breathtaking while installing the show,” says LaVallee. “Not a typical day but it worked out pretty good.”

She’s glad *Kochi* was around for this, when her daughter is older, maybe she’ll see these works and their importance will register with her. “How great is it, her baby photos will be Alex Janner holding her (and Josef Stachos). It’s pretty great.”

The new mother says she’s had separation anxiety from work she’s

often looking ahead to future shows. Best Nation will be her first after maternity leave. Borrowed from a Vancouver gallery it features hip-hop and indigenous culture.

“There’s so much to do. There’s so many great artists out there,” she says.

LaVallee has worked with artists such as Edward Poitras, Wally Shon and Vernon Adams over the years. “I look at the list of exhibitions she’s done and it’s quite incredible what she’s achieved,” says Long. “Now with this exhibition at 7 she’s making her mark as the history of aboriginal art here in Canada.”

NEXT WEEK: How did you stay in shape during pregnancy?

Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

## What do you think of soothers?

"I used them with my boys. My daughter likes her thumb, although I don't let her put it in the soother (it's easier to take away). Dora-vies were able to walk around and play it was only allowed in their bed. My youngest boy had his longer because we were nursing and had a lot of changes happening and it was his comfort. They were alone between (the ages of) two to three."  
—Karen Hudson Gidycz/for

is anything wrong with them at all" —  
Stephanie Olson

"Our daughter had a soother until she was four months, then she learned how to calm herself without using a soother. I took some crying but it was well worth it to have her use a soother at the time. Our son is now eight months and still needs a soother at bedtime. In his case I am very thankful he takes a soother!" —Aria-Dan Rychalski-Polkens

"Whether or my kids ever took a soother, and they don't suck their thumbs or have a security blanket. They are just chubbie brats!" —Lisa Miller

"I personally decided not to give one to my daughter (just didn't) when she was

beds talked around there. It was hard when she was 2 years old, but we did OK. If I had a faster baby, the soother would have come out. I think that whatever choice you make as a parent is good if it works for you and your baby then leave it be!" —Dorinda Kent, Hodgson

"I used my son's soother only for nap times and when he was teething. It was easier to wean him off the soother than off the dummy. Just make sure to do it at the right time — when he is teething — or he will resort to the thumb!" —Blanche Good

"My son loved his from one month to 18 months when we took it away. It didn't affect our nursing relationship at all and he was going on 18; it was a lifesaver

sometimes." —Catherine Reed

"I think they are OK as a certain point. My daughter stopped taking them on her own at four or five months. Unfortunately I know some three-year-olds that still have them." —Arlene Sherwood

"My daughter had a soother until she was just over one. My son did not take one at all. I am not against soothers as long as they aren't used for extended periods of time. My daughter's soothers at sleep time mostly." —Crystal Robertson

"Soothers are a lifesaver for parents of twins just over one for every child. And just to clarify the baby used the soother and ate, the parents were happy!" —Carla Contreras



"They suck. No seriously they can be the worst thing in the world if your baby grows too dependent on them and it gets lost somewhere. It can also be the best thing in the world when you pass it into a crying mouth and all of a sudden you can hear a pin drop. It can sort of be equated to a cigarette in a smoker's mouth!" —Judy S.

"Soothers were a lifesaver for my kids when they were babies. It was a bit of pain to take away but the benefits outweighed that!" —Aiko Miyake

1896 BROAD ST | (306) 352-3552

MOTION CLOTHING

Regina Bab House

Goat Special \$11.99

Lamb Special \$11.99

Chicken Leg Special \$7.99

Expires Dec 18, 2013

**Daily Special \$9.99**

Open Monday – Saturday from 11:00 – 9:00  
Located Downtown Regina  
1822 Broad Street  
306-545-8888  
[www.reginababhouse.ca](http://www.reginababhouse.ca)

# INVENTORY

We want to hear from you: Tell us about your local business.  
Email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # GIFTS FOR TEACHERS

### Thank you tops Christmas wish list

Teachers are among the most important adults in a child's life. So here we say thank you to a teacher at Christmastime.

Though they aren't in for the gifts, if you must on getting them something, it should be something they'll use and enjoy. QC talked to some teachers about what kinds of presents they prefer.

**What to avoid:** After a year-long career, teachers have made a large collection of pens. At 30 students a year over a 30-year career — that's 900 gifts.

Though it's a lovely gesture, one teacher says, "Generally

as long as it's not another mug or Christmas ornament, it's all good."

#### BEST GIFTS

**A charitable donation:** Whether it's for a goat in Uganda or supplies to teachers in developing countries, most teachers agree a donation on their behalf is a great gift. "To have it more local, one teacher suggested a donation to the school's library."

**Group gifts:** If you can get organized, pooling the resources for a big gift on behalf of the classroom is a nice idea — as long as you know it's something

the teacher wants or needs. For a teacher who had recently moved, a gift card to a furniture store was greatly appreciated.

**Gift cards:** You can't go wrong with gift cards, but make sure it's to a place you know the teacher frequents. As one teacher says, "I'm compiling a stack of gift cards for places that I don't go to."

Generally a gift card to the local coffee shop or bookstore is a good way to go. A gift certificate for a night out at the movies is something teachers can enjoy with their family too.

**Classroom supplies:** You may

not know that, but teachers' classroom supplies and decor are largely paid for from their own pockets. Classroom supplies like whiteboard markers, pencils and bookshelves are great gifts.

**Food:** Most teachers enjoy homemade baking or party mixes from their students.

**A thank you:** A sincere "Thank you" letter or note, sharing memories and lessons learned, goes a long way. Says one teacher, "Stuff is just stuff. Memories last a lifetime, and teachers just want to know they have made a difference in their



Drawings and homemade baking top the list requests of Michelle Hill's students' lives.

Arts and crafts, and homemade jewelry are some other items the teachers treasure.

Says one teacher, "Now that in this day and age, when so many things are purchased or based on technology, a

student has taken the time to create something meaningful. That is always my favourite gift."

Though ornaments are generally best left in the store, a handmade ornament is a nice gesture.



**Storewide Holiday Specials**

**PIANO CENTRE** 126 Victoria Ave | (306) 522-0501 (Corner of Victoria and Arcola)

**YAMAHA** PIANO CENTRE

**YAMAHA SAVINGS EVENT**

**INSTANT SAVINGS FROM \$125 TO \$700**

Check out [yamahapianos.ca](http://yamahapianos.ca) for more details

**MORE TO SEE MORE TO READ**

WITH DIGITAL ACCESS

**LEADER-POST**

**ONLY 99¢** (plus GST)

Subscribe now at [leaderpost.com/subscribe](http://leaderpost.com/subscribe)

127 Years of Top News

**Where great homes GET NOTICED**

**Consider it Sold!**

**ASSOCIATION OF REGINA REALTORS®**

[ReginaRealEstateReview.com](http://ReginaRealEstateReview.com)





# ON THE SCENE

Have an event we should attend?  
Email [QC@leaderpost.com](mailto:QC@leaderpost.com) to make  
your On the Scene pitch.

## # BUSHWACKER'S BLACKBERRY MEAD RELEASE



# ON THE SCENE

View more On the Scene photos at [Facebook.com/QCRegina](https://www.facebook.com/QCRegina).

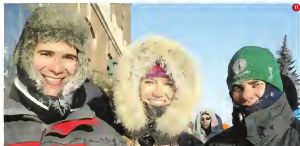
## #BUSHWACKER'S BLACKBERRY MEAD RELEASE



1D



1E



1F

One block of Cornwall Street resembled a folk village last weekend as hundreds of Bushwacker's Blackberry mead created shelter from the brutal cold. On Dec. 7, the brewpub released its blackberry honey wine. It has become an annual tradition to line up for the stuff, which quickly sells out. And even though the lineup wasn't quite as long as past years due to the weather — the daytime high was 27°C — more than 6,000 650-ml bottles of mead sold in less than two hours. Each patron was limited to a case of 12. The first mead fan lined up at midnight to wait for the doors to open at 11 a.m.

To make each 650-ml tank of the sourdough brew, head brewer Mitch Dalmonte used 425 pounds of Lusk Valley honey and 64 pounds of blackberries.

1. Justin Uhl sticks his head out of a crowd.

2. Laurie Hamers and Carrie Solvi.

3. Steve Jobs, Jason Wilton and Jessica Mehaud.

6. Gabe Dobson and Mike Duxterbeck.

3. Kelly Guerra and Mark Wilson.

10. Jason Elmer, Tyler Hinkes and Kyle Will.

4. Tyler Sob, a photo bomber and Jason Powell.

11. Aaron Wirth, Abbie Johnson and Chris Gallop.

3. Kyle Munroe and Karalyn Hooper.

12. Tony Deninsky, Brennon Nordin and Kevin Deninsky.

6. Alan and Amanda Currie.

13. Derek West.

5. Mike Smyrniotis and Martine Cooper.



1G

QC PHOTOS BY MICHAEL BELL



# SHARP EATS

See a food trend you think deserves a highlight? Email [QC@leaderpost.com](mailto:QC@leaderpost.com) or visit us on Facebook

## # SASKATCHEWAN FOOD TRENDS

### Five reasons to eat Hane's Hummus

By Jenn Sharp

Vahanes Petros started making his hummus while living in Vancouver. Petros wanted it new, vibrant and that he should sell it. After moving back home to Saskatoon in 2006, his cousin took a sample to Planet. The menu bar on Second Avenue became his first customer and his business grew from there.

The now closed Café Sola was the next to come on board, along with the Greek produce at Polkist, soon, the hummus production line needed a larger space. Petros moved to a commercial kitchen. A number of places in Saskatoon and a few in Regina now sell his hummus. It's also in sales with a national distributor.

Petros says food makers and consumers rarely meet face-to-face, though tastings he hosts, customers get to meet the man behind the hummus.

"People are always surprised (he hums) that I make it and that it's made in Saskatoon. I'm blessed with being able to come up with recipes that people genuinely enjoy."

Check out Hane's Hummus on Facebook and read on for my five reasons to give it a try.

#### 1. MADE LOCALLY

Hane's slogan says it all: "Prepared With Love in SK, local ingredients, honest taste." Petros is devoted to keeping his product as local as possible and sources many of the ingredients, including the chickpeas, from the province.

#### 2. NO OIL

The hummus isn't chock full of oil or mayonnaise like some supermarket brands can be. It's not as smooth as other brands but don't let that scare you off. In just minute you get more chickpeas bang for your buck.

#### 3. NO PRESERVATIVES OR FILLERS

Here's the ingredients list. Chick-



Here are five compelling reasons to try Hane's Hummus, which is made in Saskatoon without preservatives or fillers. (C) HANE'S HUMMUS

pew (grown in Saskatchewan), garlic, tahini (ground sesame seeds), spices, olives, oil, and pepper, parsley, citrus.

Is there anything you don't enjoy eating as food? This is a good sign. It also means the shelf life of Hane's (Petros's nickname) won't be as long as a supermarket hummus, but that's OK. Food won't mind to hang out in your fridge and it'll be edible months

after you bought it. On that note, has anyone noticed that Cheri White takes a really long time to get ready?

#### 4. TWO FLAVOURS TO TRY

Both are vegan, gluten- and lactose-free. The Original has a bit of a kick to it thanks to Petros's secret recipe. One of those, hummus, gives the hummus a beautiful yellow

colour, while the almonds add a bit of crunch. There's a strong citrus flavour in the Garlic and Dill. The dill is strong but not overpowering. On a note not conducted in the Tindigos' Seafood restaurant, most preferred the Garlic and Dill hummus. While the Original has great flavor, it was too overpowering for many to dip their pits in more than once or twice.

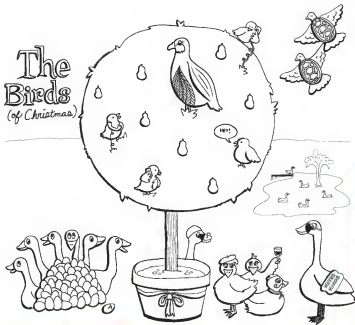
#### 5. IT'S HEALTHY

Chickpeas are high in fibre and a good source of protein. The almonds in the original version add an extra bit of healthy fat. A lot of dips, especially the creamy or cheesy ones, can pack a wallop of calories in just one serving. Hane's Hummus is low fat and virtually guilt-free perfect for the holidays.

[jsharp@hanehummus.com](mailto:jsharp@hanehummus.com)

# OUTSIDE THE LINES

## The Birds (of Christmas)



### # Colouring contest

Each week, artist Stephanie Mullay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and send it to [gc@leaderpost.com](mailto:gc@leaderpost.com) by 5 a.m. Monday.

One winner will be chosen each week. Please send high resolution pictures and include the child's name and contact information.



Last week's GC coloring contest winner was **Kater Rampel**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

### TURKEY POT PIE



### IT'S TURKEY TIME!

Everyone's favorite holiday meal with turkey, veggies and stuffing baked into a delicious pot pie topped with flaky puff pastry.



777 Albert Street • 306.775.3000  
[regina.gotorickys.com](http://regina.gotorickys.com)

### GIVE THE GIFT OF GREAT TASTE! In store or online

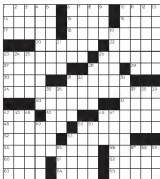


## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Blast words  
 6 Example  
 10 Group that inspired "Mamma Mia!"  
 14 Time for veggie  
 15 [pop]  
 16 January/Unix for most of the year  
 17 Don't lose  
 18 Don't put words in my mouth  
 20 Quacks a doc that treats  
 22 Heather's good name  
 23 I never been boyfriend  
 24 Special Forces star  
 27 Gains a stonehenge  
 28 Part of "brake"  
 29 "Sesame Street" singer  
 30 News with Katie  
 31 Heat  
 32 Let brother see his secret, with a hint to go—50-30-30  
 40 Cold looks of love  
 41 Contract period often  
 42 Musical ideas  
 43 A.P.C. address  
 44 Idea answer to the  
 45 What  
 46 News report name  
 47 Awful state somewhere  
 52 Well-known of the  
 53 Take up residence  
 54 Oh, I'm shaking in my boots!  
 56 Good to be in or at  
 60 Great Picard at 2012  
 61 Last fireworks  
 62 Running a show  
 63 Big state in the Ozarks  
 64 After supper  
 65 George of "Just about everything"



## DOWN

- 1 Kind of representation  
 2 Sub-act, on a menu  
 3 "I never pass"  
 4 Tomblond love story  
 5 Best conflict  
 6 Engaged in music  
 7 He's a rebel, perhaps  
 8 Italian sound  
 9 Lend a hand  
 10 John Wilkes death  
 11 Leader over  
 12 Shined to the top  
 13 Star witness (3)  
 14 Former Philippine first lady, musical  
 15 Free \_\_\_\_  
 16 Temple outgrowth  
 17 Only case I can think  
 18 Sensory fast cooker  
 19 Possible color for a  
 20 Her  
 21 "Annoy" adverb  
 22 Small address  
 23 Coat with canopy  
 24 Very small  
 25 Most holes in ones  
 26 Cautious lady  
 27 Admirable honesty  
 28 Fun-and-ton, e.g.  
 29 Sully with switch  
 30 Leghorn rider's seat  
 31 New railroad may end up  
 32 Airplane sounds  
 33 The Case of  
 34 Japanese police cap  
 35 Home uses  
 36 Kid controls  
 37 Acronym for  
 38 House-hunter's aid  
 39 Farmer pro, Tyler  
 40 Not with it  
 41 Ben-ding newspaper  
 42 Can't lower a tax but  
 43 Texas law

PHOTO BY JACQUES MONTEY

## # JANRIC CLASSIC SUDOKU

## Level: Silver

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 27

## Treasured Moments

DESIGNED  
FOR PEOPLE  
JUST LIKE YOU!



"Treasured Moments" is an ideal way to announce...

- engagements
- weddings
- anniversaries
- births
- birthdays
- graduations
- retirements
- reunions
- "Come & Go" events, etc.

in an attractive, inexpensive way that delivers your announcement in both print and online

Plus by placing your announcement in "Treasured Moments" we also include your announcement on our online website for contacting cards where your announcement will also appear online for 3 months from the date that it appears in The Leader Post!

Call 1-800-715-546 FOR MORE INFORMATION.  
 Drop-In at Two Fridays prior to Saturday's publication.  
 (Saturdays are required)

CLASSIFIED  
 (306) 781-5466

## # ASK ELLIE

# Having an affair strictly for revenge not a good idea

**Q:** Since the beginning of my eight-year marriage, we've had sex about once a month, sometimes less. We have two children.

Several months ago my husband got a message saying, "Sissy, I didn't even have a second look. Good night!" He became very scared, repeating to me "Sissy Baby, it's a mistake."

I wanted him to tell her right back. Beforehand at first, he then said, "Call yourself." I did, on speakerphone. When the woman said "Ellie!" I put the phone down to him asking him to clarify whether this was a mistake.

He then said, "very lovely," "very sexy," why are you doing this?"

The woman quickly hung up and has since changed her phone number. He's still denying my wrongdoing.

It's killing me. I think he's been cheating and continues to cheat. I continue to question him, but he keeps denying everything.

Now, assuming he's cheated, I am planning to do the same. I'm still young and attractive. Divorce would be traumatic for the kids. Is there

## Ask Ellie



any solution to this?

### Taking Action

**A:** You might as well take a wrecking ball to your family unit.

Marcy "solution" are needed, and fast.

**Q:** I think again about these children you think you'll protest by cheating on their father.

**A:** Talk to a lawyer and learn your rights, as well as how a separation and child support works. Then tell your husband the facts of life.

**Q:** Understand that your cheating would now take even more family time and focus away from your kids. And from any hope of helping this marriage.

**Q:** Even if he denies cheating, examples like necessary getting married counseling in the both of you. You're at a turning point as a family unit, facing a fix or a breaking.

**Q:** My then married as worker and I started an affair, after I had become divorced. Then he finally got separated too.

But he's since become closer to his wife with a single guy it seems. He wants to date, too. We're lovers again, and supposedly together, but still living apart.

He's constantly talking to this one woman, "comforting" her because her husband left. He says they're just friends. But I'm sure that it's more, and definitely so on her part.

### Reinforced Loner

**A:** He's cheating. "Psychic" that he's not. He's playing in two worlds. Tell him he's either in or out with you.

If so, you got to go along some times when he's with his friends, especially when with this woman. When she sees you as a couple,

she'll hopefully turn elsewhere for "comfort." If not, he can distance himself by giving her a therapist's phone number.

But any resistance on his part to have you alongside distance himself, is a signal for you to take a break from the old story that's changed the plot.

**Q:** I met a man in Atlantic City and we had sex. He was married but gave me, and we had a secret affair. He now says he's ready to leave his wife and move in with me. He wants to meet my family and be open.

My parents are very conservative and will suspect it was an affair while he was married. I've had to lie about "different men." I've been dating.

Now do I let them think what they want, or be truthful?

### Reinforced Daughter

**A:** Show your parents respect for their misgivings. Avoid detailed truth telling that will cause them to feel heart and potential shame among relatives and friends.

**Q:** Whenever my husband and I make love, I say it was the best ever. It makes him feel that he's a hero for satisfying me (which sometimes happens, though not always), and it keeps us feeling close.

I don't like anything, because I'm happy to be loving even, if it isn't perfect. We make sure not much time goes by between loving. I think my "best-ever" while he works for us.

### Best Ever

**A:** Sounds good to me, and it's keeping you both happy. It's probably because he's not the super that you make him out to be, but loves you for who you are.

There's no harm in trying to make the "best ever" even better, by trying something new — wearing sexy lingerie, adding a new element like shower-sex, or making love in front of the fireplace, whatever comes to mind and body.

The well-maintained sexual bond between a couple keeps your emotional connection healthy too.



## Next week in QC

Battling cancer, musician Mandy Ringdal is focusing on the good in life



# GARDENING

## # CHRISTMAS IN SASKATCHEWAN

# Choosing and caring for your Christmas tree

By Erl Svendsen

As you meander by the firs, do you know what kind of live Christmas tree you have? One clue is found in the word that begins "O Tannenbaum," that in some versions has been loosely translated to "O Christmas tree." While the sentiment in this context is the same and the number of syllables match, tannenbaum is more correctly translated from German as "fir tree." Pines are Canadians' first choice for a Christmas tree, but not all Christmas trees are firs.

Fir, spruce and pine are the three main types. Pines are the easiest to identify as they always have two or more needles banded together that are much longer than either fir or spruce needles. Fir needles are flat and contrast by midline between your fingers whereas spruce needles are square in slightly rounded.

Fir bark is typically silvery grey or brown and smooth, whereas spruce bark tends to be dark brown and rough, especially along the branches.

If you're buying locally, your options are limited to balsam fir, Scots pine and white spruce. For more information about Saskatchewan Christmas tree producers and where to find them, visit: [www.growlocal.saskatchewan.com](http://www.growlocal.saskatchewan.com)

If mothers don't want what kind of tree you have in terms of care, cut the end before bringing indoors, water often, never let it dry out, keep away from smooch drafts, use live with LED lights, and use a timer to limit the number of hours you leave the lights on. On the other hand, each species lends its unique characteristics to your festive decor.

Finally, regardless of the type of live tree you have for Christmas, all are recyclable. They're usually chipped and used as mulch to help to reduce water consumption and control weeds.

The City of Regina has a number of drop-off sites. The landfill will collect trees throughout January free of charge. From Jan. 7-18, visit the Sandra Schmirer Learning Centre at 6300 East Woodburn Dr., Optimum Area at 222 Stuart Dr., Jeanne Gossel Golf Club at 866 Kestel Dr. or the City of Regina Container Shop at 500 Arnold Ave.

This column is provided courtesy of the Saskatchewan Perennial Society ([www.saskperennialsociety.org](http://www.saskperennialsociety.org)), [hormones@yellow.ca](mailto:hormones@yellow.ca)

### BALSAM FIR

- Pyramid or cone shaped
- Excellent needle retention; sports soft, white needles
- Emits a woodsy fragrance
- It is the quintessential scent of Christmas — that sweet, slightly piney smell
- Not an extremely hardy plant. Other fir species can survive while awaiting for the perfect time inside
- Fewer Douglas firs are sold now
- And while they are similar to the balsam, but will differ in colour (one leans to dark green), needle density and length, and will vary in overall tree shape, look characteristics and intensity of fragrance

### COLORADO BLUE SPRUCE

- Not outdoors but needles are hydrophobic, so not good for indoors
- Trying to determine could be as easy as you walk from outdoors. A better choice is the white spruce with its much stiffer, dark green needles
- However, two of its other common names make reference to the odor of its needles: needles, sharp spruce and cut spruce, but once the job of decorating is done, the smell stops being an issue

### NATURAL FOREST GROWN PINES

- More open structure than spruce or fir
- Shorter pines can be very dense
- Still, but somewhat flexible branches allow for both light and heavy ornaments
- Soft pines have dark green needles in bundles of two, needle retention is excellent even if allowed to dry out occasionally
- While pine has longer, more palatable needles in bundles of two and is lighter green in shyer pines, fragrance is very mild to non-existent, resulting in fewer allergy complaints



A fir tree with all the traditional holiday burrito. Remember to water your tree daily and turn off the lights before going to bed. Photo courtesy Scott H. B. B. B.

# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # SASKATCHEWAN'S BEST SPACES

# New grad student residence encourages community

By Angelina Irimies

**WHO?** The University of Saskatchewan's associate director of consumer services George Foulkes

**WHERE?** On campus on Wild Sunset, near Griffiths Stadium in Saskatoon.

**WHAT?** The nearly completed five-storey Graduate House residence at the University of Saskatchewan. The residence, which is reserved for graduate students and students in professional programs, can house up to 262 students. A combination of two-bedroom apartment-style suites and one-bedroom bachelor and loft suites make up 162 suites in total. Each suite has a private kitchen, bathroom, new furniture and polished concrete floors. The residence is bright and airy with a loft-like feel. Natural light is provided in 90 per cent of the space. Unique designs like a two-bedroom loft — complete with 11 stairs — feels more like a modern condo than a university residence. A similar two-bedroom loft, a postcard and private with the bedrooms on separate floors — each with its own entrance.

The hallway leads the modern feel with big painted stairs, numbers, green and blue accent walls and tiny yards for rent outside. Each floor has a common area or lounge — type space to encourage students to get out of their suites and be part of the larger community.

"The suites aren't spacious by any means. They are very efficient and nice and new and clean, but really the wise move is to get people outside of their suites and working within a common space," Foulkes says.

The main floor includes a large kitchen, laundry facilities and plenty of seating. A cozy fireplace and TVs make students to relax and gather. An exercise room (open weekdays) for three to five p.m. and a music room for people to play their instrument help keep the floor quiet.

**WHY?** Graduate students' feedback on what they'd like to see in a residence was incorporated into the design. This includes things like the common area, fully furnished and quiet suites. Graduate House is just one piece of the university's approach to increasing the amount of residences on campus. Foulkes explains.

**WHEN?** Construction on the nearly 350 million building began in 2011 and is nearly finished with an expected completion date of the end of this month. A total space on the main floor is vacant, new, but will eventually be home to something like a cafe or better. Right now the building is at about 50 per cent capacity.



QC PHOTOS BY MICHELLE BEAG

# WINE WORLD

# GRAY MONK

## Take a taste of Canada's best chardonnay

By James Romanow

There are people reading this who refuse to drink white wine. This is their loss. Those of us who are more worldly know there are times and places for white wine, particularly with salad, and the lighter wines like chardonnay I have yet to meet a stomach dish I would pair with a red.

One of my favourites when it comes to drinking the wine that made Chablis famous And one of my favourites of the Canadian chardonnay is from Gray Monk, a winery that has been making the Okanagan since the early 1970s. As such, the family knows the land, the climate and the grapes right down to which clones do best. I find their wines reliably made and always worth drinking.

When the star went out of the big chardonnay may balloon a decade later, they returned to fermenting their chardonnay in stainless steel. The result is a beautifully crisp wine that is exactly what wine should be — no more and no less. (And if that sounds like first prize to you, you need to suffer through some of the overthought maniacs I've been subject to over the years.)

This wine is a light green yellow with a lovely light fruity nose. There's a touch of 'wet stone' there, maybe some peach and with a nice green



use of acidity in the vaguely citrus aromas. The palate is clean with a great burst of acidity and lemon. It's fairly full bodied for an unwooded chard, the finish has just the faintest touch of grapefruit.

If you need to understand why folks like me drink white, even to a white start here. This is a very nice wine for all occasions.

Gray Monk Unwooded Chardonnay Canada, 2012, \$22.99.

More wines in Monday's paper and on Twitter @jbrwaste

# Sears® outlet

Sears Quality... Outlet Prices... Everyday.

## NEW ARRIVALS DAILY

Huge Selection of Family Fashions  
Major Appliances, Furniture, Mattresses

## UP TO 70% OFF

1000s of  
Items  
arriving  
daily



## Crossword/Sudoku answers

D	R	U	G	S		V	U	S	S	A	B	A
N	I	G	H	T		O	N	N	O	C	O	L
A	B	H	O	R		S	A	I	O	I	T	N
						S	I	T	S	U	P	
						C	A	N	T			
						O	R	A	T	E	S	
							A	L	L		T	O
						M	I	S	O			
						B	E	T	W	E	E	N
						N	A	N	T	E	S	
						H	A	T				
						G	A	M	A	R	O	
						W	H	A	L	E		
						D	O	R	T			
						A	R	G	O			
						H	E	S	S			

3	2	4	7	1	9	6	8	5
9	5	7	6	2	8	1	3	4
8	1	6	5	4	3	2	9	7
1	9	3	4	7	5	8	2	6
4	8	2	1	3	6	7	5	9
7	6	5	9	8	2	3	4	1
2	7	1	3	9	4	5	6	8
5	4	8	2	6	1	9	7	3
6	3	9	8	5	7	4	1	2

SEARS OUTLET STORE | 1908 7<sup>TH</sup> AVE. REGINA

Mon to Fri, 9:30am to 9pm. Sat, 9am to 6pm. Sun & Holidays, 11am to 5pm

# The Sounds of Christmas

OPEN SUNDAYS  
NOON-5PM

## JBL Bluetooth-enabled Sound Bar

- 100W total power
- 100-watt, 7" subwoofer
- 2 x 50W speakers

Control24-400



Sale \$599

## Yamaha Slim and Sleek Surround System Sound Bar

- Available in gold, brushed nickel, or black
- 400W total power
- 400W total power
- 400W total power



Sale \$299

## Yamaha Front Surround System with Wireless Subwoofer

- 400W total power
- 400W total power
- 400W total power



Sale \$399

## ZVox Slim Single-Cabinet Surround Sound System

- 75-watt Class D digital amplifier
- 12" subwoofer
- 40W speakers

27-000-000



Sale \$299

## Sinclair Soundpad Mini

- Built-in Subwoofer
- Bluetooth
- 12" subwoofer
- 40W speakers



Sale \$349

## Sinclair Soundpad

- Built-in Subwoofer
- Bluetooth
- 12" subwoofer
- 40W speakers



Sale \$499

## Bose Solo TV Sound System

- 100W total power
- 100W total power
- 100W total power



Sale \$399

## Sennheiser Wireless Headphones

- 100W total power
- 100W total power
- 100W total power



Sale \$349

## Soundcast All-Weather Wireless Outdoor Speaker System

- 100W total power
- 100W total power
- 100W total power



Sale \$449.99

## Sinclair Bluetooth Music System

- 100W total power
- 100W total power
- 100W total power



Sale \$449

## Sinclair 5.25" Active Bluetooth Speakers

- 100W total power
- 100W total power
- 100W total power



Sale \$398

LIMITED TIME ONLY!

UP TO 50% OFF

SASKATOON  
1501 Dundas Ave.  
664-8880

REGINA  
1329 Centre St.  
825-8128

YORKTON  
44 Dundas Ave. N.  
782-6677



# AUDIO WAREHOUSE

Financing Available oac

[www.audiowarehouse.ca](http://www.audiowarehouse.ca)